

# *RUNNING YOUR BEST RACE*

*Programs for Improving Speed and Distance*

*Joe Henderson*



# Running Your Best Race Programs For Improving Speed And Distance

**Hal Higdon**



## **Running Your Best Race Programs For Improving Speed And Distance:**

**Running Your Best Race** Joe Henderson, 1984      *Run Faster from the 5K to the Marathon* Brad Hudson, Matt Fitzgerald, 2008-07-29 Learn how to run faster unlock your potential and reach peak performance with this practical guide featuring training advice from a former Olympic trials marathoner and coach to Olympians Reading this book can help take you to the next level and keep pushing you up as far and fast as you want to go Sarah Toland former NCAA All American USA National Cross Country Team member and Olympic Trials qualifier for the 5 000 and 10 000 Brad Hudson is the most innovative running coach to come along in a generation Until now only a handful of elite athletes have been able to benefit from his methods With *Run Faster from the 5K to the Marathon* Hudson shows all runners how to coach themselves as confidently and effectively as he coaches his world class athletes Becoming your own best coach is the ticket to running faster at any distance First you will learn to assess your abilities Then you ll learn how to devise a training program specifically geared to you Filled with easy to follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced this is the cutting edge guide for optimal performance With Hudson s guidance you can train smarter and more effectively and avoid injury And you ll soon be running faster than you ever thought possible      *Smart Marathon Training* Jeff Horowitz, 2011-10-01 Old school marathon training plans ask runners to crank out 70 to 100 miles a week It s no wonder those who make it to the start line are running ragged *Smart Marathon Training* maps out a healthier more economical approach to training that emphasizes quality over quantity With more than 75 detailed exercises plus six easy to follow training plans for half and full marathons *Smart Marathon Training* will get you to the starting line feeling refreshed and ready to run your best race yet This innovative program eliminates junk miles paring down training to three essential runs per week and adding a dynamic strength and cross training program to build overall fitness Runners will train for their best performance in less time and avoid the injuries overtraining and burnout that come from running too much *Smart Marathon Training* builds up a runner s body to resist injury Runners gain the strength they need to run long using functional exercises that target the hips glutes and quads Running is a full body sport so this training program also builds a strong core and upper body to avoid injuries that begin above the waist No one fakes a marathon or half marathon everyone has to do the work But *Smart Marathon Training* replaces long grinding miles with low impact cross training Horowitz outlines a cycling plan to complement run workouts boosting base fitness while saving runners bodies for their best runs      **Run Fast** Hal Higdon, 2016-10-04 Achieve a personal best at any distance Are you looking for better race times whether you run 5Ks or marathons Searching for that ultimate exhilarating moment when you re running faster than ever before Or do you just want to have more fun when you run You can run faster and this book will show you how *Run Fast* is a comprehensive guide for runners of all abilities to improve your speed and achieve a personal best at any distance Hal Higdon is one of the most experienced and trusted experts in running and this classic volume is

completely revised and updated with new workouts race distances and advice for runners of every level Run Fast spells out a complete program to help you increase your speed build your endurance improve your times and motivate yourself to achieve your running goals New training plans for novice runners make getting started easy More experienced runners will discover refreshing workouts that both improve their speed and make training fun And if you've taken an exercise break you'll see how to get back in shape while staying injury free Packed with stories and tips from coaches record holders and average runners alike Run Fast is brimming with inspiration Experience the thrill of better race times the satisfaction of running strong and the sheer joy that comes from running faster than ever before     West Coast Review of Books ,1986     Run Better Jean-François Harvey,2017-03-25 A practical illustrated and scientifically grounded guide to improving your running technique and preventing injury written by a kinesiologist In North America alone thirty seven million people run regularly and most suffer at least one running related injury a year Run Better sets out to help runners of all abilities run smarter and injury free by reviewing the proper mechanics of running and the role of shoes providing training programs from 5K to marathon distances that promote rest and cross training for adequate recovery offering 90 running specific exercises and technical drills to build strength reinforce proper posture encourage flexibility improve mobility and optimize breathing and explaining 42 common running injuries and the ways to prevent and alleviate them Illustrated with more than 150 color photographs 50 black and white line drawings and 20 charts and tables Run Better is an easy to use and authoritative running handbook for anyone who wants to improve their running efficiency and decrease their risk of injury     The Complete Running and Marathon Book DK,2014-02-06 A one stop guide for any aspiring runner including everything you need to know whether you're doing your first run or your first marathon The Complete Running and Marathon Book covers all the essential topics around running and much more from choosing the right footwear to eating right and warming up Are you aiming to run a race such as a 5K 10K half marathon or marathon Train efficiently with one of the specific programs for your distance Invaluable tips can help you to gain a vital competitive edge whether you're competing against other runners or your own personal best from goal setting and motivation to running psychology and race tactics Assess and develop your technique under clear no nonsense guidance with detailed visuals to help you understand what your body is going through Key pre and post run step by step stretches help you to protect yourself from injury and core and resistance training exercises can help you to run faster and further The Complete Running and Marathon Book is perfect for any new or aspiring runner looking to go the distance     **The Publishers Weekly** ,1985     **Running Times** ,2006-07 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner's worldview     The Everything Running Book Art Liberman,Carlo Devito,2008-02-01 A Simon Schuster eBook Simon Schuster has a great book for every reader     **The Competitive Runner's Handbook** Bob Glover,Shelly-lynn Florence Glover,1999-04-01 For both runners entering that first neighborhood

race and elite marathoners trainers Bob and Shelly lynn Florence Glover s completely revised guide is the book on training to compete A book that s already sold close to 200 000 copies The Competitive Runner s Handbook will now offer all the latest information needed to design basic training programs special workouts to increase strength endurance and power schedules and worksheets to develop individual goals and specifics on preparing for all kinds of races with an emphasis on the 10K and the marathon Informed by their over thirty years of coaching experience the Glovers give winning tips on alternative training footwear and diet and common injuries and illnesses as well as sensible advice on balancing running with work and home life

*Runner's World* ,2008-01 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling *Be a Better Runner* Sally Edwards,Carl Foster,Roy Wallack,2011-04 Written by marathoner and Triathlon Hall of Fame inductee Sally Edwards *Be A Better Runner* addresses every possible concern from posture and form to nutrition footwear and race strategy You ll learn how to adapt running mechanics such as stride and pacing to your body type and fitness level while specific training regimens prepare you for any type of running event including sprints distance runs and marathons Co authored with Carl Foster the former President of the American College of Sports Medicine *Be A Better Runner* Every features the latest research in the science of running You ll learn the latest strategies to boost your performance train more effectively and aid post workout recovery The latest research on special concerns such as running after age 40 during pregnancy overtraining in younger runners and preventing amenorrhoea in female distance runners is also highlighted **American Bookseller** ,1985 **Running from Scratch** Barrett Williams,ChatGPT,2025-01-02 Embark on your running journey with *Running from Scratch* the ultimate guide for beginners eager to transform their fitness dreams into reality Whether you re starting from zero or needing a motivational boost this comprehensive eBook is your trusty companion on the path to completing your first 5K and beyond Dive into Chapter 1 and unravel the basics of running while shattering common myths that often hold beginners back Discover why a 5K is the perfect goal for newcomers and how setting the right foundation can propel you further than you imagined Harness the power of mindset and motivation in Chapter 2 Learn to set realistic goals uncover your personal why and maintain a positive attitude that fuels long term success Before you hit the ground running Chapter 3 ensures you re equipped with the right gear from shoes to trackers Then build a solid base by walking before running in Chapter 4 setting the stage for your fitness evolution Unlock the secrets of structured progression with the 8 Week Training Plan in Chapter 5 guiding you from groundwork to speed and stamina Ensure your form and technique are spot on in Chapter 6 to run efficiently and safely Injury prevention recovery and proper nutrition are paramount Chapters 7 and 8 provide essential strategies and tips to keep you healthy hydrated and fueled for success Safety first Chapter 9 covers all you need to know about running in various conditions while Chapter 10 fortifies your mind with strategies for race day Celebrate the triumph of crossing the finish line in Chapter 12 and reflect on your journey in Chapter 13 with insights to set new goals Engage with

fellow runners in Chapter 14 and explore advanced techniques in Chapter 15 Running from Scratch is more than just a guide it s your entry into the vibrant world of running setting the pace for a lifelong adventure Ready set transform *The Tao of Running* Gary Dudley,2016-07-27 Running is more than moving one foot in front of the other Running can evoke spiritualism and mindfulness it can teach fundamental lessons about goals self awareness and self improvement it can be a transformative existential experience The Tao of Running offers a fresh perspective on this mental side of running while entertaining with vivid tales of running adventures Going well beyond the standard training and racing advice found in most running books it guides runners to a wider understanding of how running fits into their own aspirations goals and life philosophy The Tao of Running answers questions such as How does running evoke mindfulness and lead to stress reduction How does running promote special friendships and new perspectives on life No other book offers readers these multiple frameworks for understanding their running experiences along with lots of practical advice on getting the most out of running Readers are guaranteed to gain a greater appreciation for the rewards and possibilities inherent in running and will significantly deepen enlighten and enrich their running experience **Science of Running** Chris Napier,2020-02-04 Discover the hard science that will help you run faster endure for longer and avoid injury Analyze your running style and learn how to enhance your gait for optimum efficiency and safety Transform your performance with exercises targeting strength flexibility and recovery each exercise annotated to reveal the muscle mechanics so you know you re getting it right Understand the science behind your body s energy systems and how to train to maximize energy storage and conversion Follow training and exercise programs tailored to different abilities and distances from 5K to marathon Whether you are new to running or an experienced runner this book will help you achieve your goals and stay injury free *Runner's World Complete Book of Running* Editors of Runner's World Maga,2009-12-22 Revised and updated edition of the popular book on everything you ned to know about running **Hal Higdon's How to Train** Hal Higdon,1997 Describes twenty four training programs designed for different sports types of people and goals **RunDisney** Scott Douglas,Jeff Galloway,Molly Huddle,2024-03-05 The first ever official guidebook by RunDisney the hugely popular road race division of The Walt Disney Company With this comprehensive guide readers will learn The basics of running while planning a most magical runcation to the Walt Disney World Resort or Disneyland Which race is the best for themselves or their family What gear is needed for a RunDisney event and what resources are available at the Disney parks The must have guide runDisney The Official Guide to Racing Around the Parks is written by Scott Douglas who writes extensively for Runner s World magazine and includes a foreword by Olympian and bestselling author Jeff Galloway Select expert sidebars by Galloway and Olympian Molly Huddle offer additional tips on training gear etiquette and more

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